



## Name Femarone 40+

### Caps

Code	Size	Duration
C90-100	100 Capsules	Usually lasts 16 days
C90-200	200 Capsules	Usually lasts 33 days

### Area concerned

The female reproductive system, menopause

### Ingredients

(min per capsule) 60mg Agnus Castus, 60mg Dong Quai, 30mg each Blessed Thistle, Squaw Vine, 15mg each Siberian Ginseng, Barberry, Cayenne, Cramp Bark, Ginger, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice

### Description

**Femarone 40+** is a unique support used by menopausal women. Many, many women have found this combination excellent, including thousands of readers of author *Leslie Kenton's* book about the menopause, *Passage to Power*, in which she recommends our herbs. As a best choice, we recommend our full **90-day Menopause Programme** which includes **Femarone 40+**. Other helpful single herbs at this time are mentioned in the *Companion Products* section below.

### Standard use

2 capsules, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be taken.

### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. The **90-day Menopause Programme** is a more holistic choice at this time.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Caps

### Drops

Code	Size	Duration
D37-100	100ml	Usually lasts 28 days
D37-200	200ml	Usually lasts 55 days

### Area concerned

The female reproductive system, menopause

### Ingredients

Herbal fluid extracts: 20% Agnus Castus, 20% Dong Quai, 10% Squaw Vine, Blessed Thistle, 8% Licorice, 5% Siberian Ginseng, Cramp Bark, Raspberry Leaf, Uva Ursi, Sarsaparilla, Barberry, 1% Ginger (tinc), Cayenne (tinc)

### Description

Following publication of *Leslie Kenton's* book (opposite), we have talked to thousands of women of menopausal age and helped them with herbal support. Herbs have proven most beneficial and we, as well as they, have usually been very pleased. Some women have used herbal support for 3-6 months then stopped; others have found they prefer to continue herbs - usually at a lower level - for a further period. In either case, there is a high level of safety with using herbs compared to other methods more commonly used.

### Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. The **90-day Menopause Programme** is a more holistic choice to assist menopausal women.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Drops